

YOUR WORD

MISSION ARLINGTON
MISSION METROPLEX
RAINBOW EXPRESS
JULY/AUGUST 05

Table of Contents

Preparing the Team	Page 3
(How to train your team for Rainbow Express)	
(Description of individual team member's roles)	
What to do at Rainbow Express	Page 15
(Outline of what goes on at Rainbow Express)	
Tips for a Successful Rainbow Express	Page 16
(Techniques that we have found useful)	
Tentative Daily Schedule	Page 17
(How your day might look at Mission Arlington)	
Curriculum Overview	Page 18
Daily Curriculum Packets	
(Stories, crafts, and activities for Rainbow Express)	
Day One	Page 19
Day Two	Page 29
Day Three	Page 38
Day Four	Page 47
Song Packet	Page 57
(Songs for Rainbow Express)	
Games Packet	Page 63
(Some suggested games to play with your children)	
Puppet Packet	Page 67
(Lyrics for the puppet songs)	
Memory Verse Activities	Page 72
(Useful methods for teaching the memory verse and a reproducible poster in English and Spanish)	
Useful Items to Bring for Rainbow Express	Page 77
(A "packing list" of items that may come in handy while you're here)	
A Final Word	Page 78
Technical Notes	Page 79
(Time and money saving tips for printing the material)	

Prepare the Team

Rainbow Express works best with teams of about 10-15 at each location. If your group is larger, consider dividing into two or more teams, and each team will lead a Rainbow Express at a different apartment community. Each team needs at least one adult. If you have one or more teams sharing a vehicle, let the Mission Arlington staff know so they can assign sites accordingly. A brief description of each team member's responsibilities is given below.

Team Responsibilities

Each team member will be given one or more of the following responsibilities:

- Team Leader
- Small Group Teachers/Helpers
- Song Leader
- Memory Verse Teacher
- Large Group Leader
- Puppet Team Coordinator
- Game Leader
- Attendance Taker
- Craft Coordinator

Team Leader

- ◆ Be the prayer leader for your group. Pray for your team, the people you will encounter in Arlington, and for the Mission Arlington workers that are preparing the way and will be doing follow up.
- ◆ Be in constant communication with Mission Arlington staff as you plan. Ask questions and offer suggestions. Make sure extra activities you are planning do not conflict with your responsibilities at Mission Arlington.
- ◆ Pick a member of each team for each of the team responsibilities. Give each member of the team a copy of the Rainbow Express material. **Remember that each team member will be a small group teacher or helper.** If you have a limited number of workers, one person can do more than one task.
- ◆ Give each member of your team a complete Rainbow Express curriculum packet so that they all can be familiar with every aspect of the program. Make sure they are prepared for their particular assignment.
- ◆ Oversee the preparation of all other team members. Be very familiar with the lessons and activities for each day. Ensure that any advance preparation needed for crafts, memory verse activities, or closing activities has been done.

PREPARATION TIP—There is a blank team roster on the next page. Make one copy for each of your teams and write in who will be fulfilling each responsibility. These sheets should be passed out to each adult sponsor in your group and to Mission Arlington coordinators while you are here. These rosters will make it much easier to keep track of who is assigned where. (You will not be able to fill in the Rainbow Express sites until you are at Mission Arlington.)

Rainbow Express Team Roster:

Team _____

Contact Cell Phone Number:

AM Rainbow Express Site:
(to be filled in at Mission Arlington)

PM Rainbow Express Site:
(to be filled in at Mission Arlington)

Adult Sponsor(s):	
Team Leader:	
Large Group Leader:	
Song Leader:	
Memory Verse Teacher:	
Puppet Team Coordinator:	
Game Leader:	
Attendance Taker:	
Craft Coordinator:	
Small Group Teachers/ Helpers:	

Remember that one person can have more than one responsibility.

Small Group Leaders

- ◆ You will be telling the stories to your small group. Pray that God will prepare the hearts of the kids you will be sharing with to hear His message.
- ◆ Before you come, read all of the stories. Take the time to read them from the Bible and from the packet. Know each story well. As you tell the story have your Bible open to the story. **Never read to the kids word for word from the packet!**
- ◆ Be excited about the story you are teaching. Have fun as you share the love of Christ. The kids need to know that you believe what you are saying and really want them to understand. Make eye contact with the kids and give them 100% of your attention and energy.
- ◆ Take the time to get to know the children in your small group. They need to know you care about them.
- ◆ Watch the kids as you teach. If you are losing their attention, try to involve them more. Make sure the kids hear the message.
- ◆ Review the story at the end by asking questions.
- ◆ All the lessons this week are about the Bible. Always have your Bible with you while you are leading your small group. Help the children understand how much you love your Bible.

PREPARATION TIP—It is often best to work in pairs. Have two workers in each small group. While one is leading the activity (telling the story, explaining the craft, etc.) the other can help children to listen, assist with crafts, and aid in other ways.

Song Leader

- ◆ You will be leading songs with your Rainbow Express group. Pray that God will help the kids to learn the songs so they can carry the message of Christ's love with them.
- ◆ There is a list of suggested songs at the end of this packet. You are not limited to doing only the songs in the list. Feel free to do any other children's songs that your group knows.
- ◆ Have songs chosen ahead of time that you will sing each day. You can take requests, but have a list of songs ready.
- ◆ Sing "stand up" songs with lots of motions first, then sing "sit down" songs to prepare the children for the puppet show or Bible story.
- ◆ Be sure all of the team members know the songs you are going to sing. All team members should sing with enthusiasm.

Memory Verse Teacher

- ◆ Pray that they will learn the verse of the week, so they can carry a piece of the Bible with them always.
- ◆ The verse of the week is **Your word is a lamp to my feet and a light to my path. Psalm 119:105 (NIV)**
- ◆ The children will have two opportunities to hear the memory verse each day: once in the opening time in a large group and once after the story time in a small group. You will be responsible for leading the memory verse activity in the large group.
- ◆ Read through the suggested activities ahead of time. Some require additional planning and/or materials. Make sure you have what you need.
- ◆ Make sure everyone on your team knows the activities you plan to use. Help the other small group leaders decide which memory verse activities they will do each day.
- ◆ Do not simply lead the activities as they are described in the packet. Spend time explaining. Help the children understand what the memory verse means.

PREPARATION TIP—Bring a poster with the memory verse to teach the kids the words. This is an extremely useful visual aid. There is a one-page poster at the end of the packet. Make sure each small group has one copy. Make a larger, posterboard size for use with the large group.

Puppet Team Coordinator

- ◆ Puppets can attract people to Rainbow Express and are a tool to share the message of Jesus. Pray that God will use your puppet shows to reach people.
- ◆ You need 3-4 people from your team to use a puppet for each show. Assign each person a “voice” (i.e. know who is singing the lead and who is doing the background).
- ◆ There is a CD of songs included in this packet. The words to these songs are in the back of the packet. These songs talk about the messages of the stories. You are not limited to these songs. You can bring additional puppet songs or short skits to use. If you are going to use additional songs or skits, please let the Mission Arlington Staff know.
- ◆ The puppet songs are included in the CD in this packet. Bring a copy of the CD and a battery-powered boom box for each team. If this is not possible, Mission Arlington will provide boom boxes when you arrive.

PREPARATION TIP—Some computers do not play music from CDR type CDs. If your computer will not play the music, it should work in a standard, newer model CD player.

Attendance Taker

- ◆ Pray for the children that will attend your Rainbow Express and for the Bible Study leaders that will follow-up with the children.
- ◆ The multi-housing communities where you will hold Rainbow Express are places with ongoing Mission Arlington Bible Studies, After School Programs, and other activities. The information you gather will be a valuable resource for the Mission Arlington teams doing follow-up after you are gone.
- ◆ **THIS IS AN EXTREMELY IMPORTANT JOB!** We need to know about every child that comes and where they live so that we can get them involved in weekly Bible study. Also, if a child accepts Christ as their Savior or needs special attention, you will mark this on the attendance sheet so that the appropriate follow up takes place.
- ◆ As children arrive on the first day of Rainbow Express, ask for their name (first and last), age, apartment number, and building number (if applicable). *Please do not allow children to write on the attendance sheet.* Please neatly write down the information they give you.
- ◆ Be sure you have the attendance sheets before you depart for the site each day. Make sure you turn in these sheets after Rainbow Express each day.

TIP—There is an example of a Mission Arlington attendance sheet on the next page. These sheets will be provided by Mission Arlington when you are here.

Apartment Church: Cooper Valley Apartments

Week of: March 14th-17th

First Name	Last Name	Age	Bldg	Apt	Mon	Tue	Wed	Thu	Saved	Comments
Andrea	Perez	9		227x	x	x	x	x		
Judith	Perez	5		227x	x	x	x	x		
Adriana	Hernandez	12		274x	x					
Claudia	Hernandez	11		274x	x					
Christian	Becerra	10		176x						
Max	Hernandez	7		156x	x	x	x	x		
Sugei	Loera	8		170x	x		x			
Sarai	Flores	6		170x						
Juan	Martinez	11		150x	x	x	x	x		wants Bible
Karen	Orta	10		198x	x	x	x	x		
Luis	Orta	5		198x	x	x	x	x		
Cynthia	Hernandez	14		226x	x	x	x	x		
Melissa	Hernandez	5		226x	x	x	x	x		
Roberto	Hernandez	2		226x	x	x	x	x		
Brenda	Cervantes	10		121x	x	x	x	x		
Jesus	Morano	8		201x	x	x				
Diana	?	5		185x						
Clara	Martinez	11		243x	x	x	x			
Laura	Becerra	9		176x	x	x	x			
Saira	Hernandez	7		274x						
Noami	Hernandez	4		274x						
Lorena	Becerra	8		176x	x	x	x			
Jose	Esparca	9		214x	x	x	x			
Sergio	Sanchez	9		115x	x	x	x			

Craft Coordinator

- ◆ Pray that the craft will help the child understand more about the lesson and Christ.
- ◆ We want the people that come to Rainbow Express to understand how the story applies to them. Pray that God will use the craft to help the people understand the message of His love for them.
- ◆ While at Mission Arlington, each day it will be your responsibility to make sure your team has all of the appropriate supplies in the box we provide.
- ◆ There is a craft section in each day's lesson. Know how to do each of the crafts. Remember everyone on your team will be leading a small group, so everyone should be familiar with the craft.
- ◆ Make an example of each craft to show the kids what they will be doing.

Large Group Leader

- ◆ Pray for the children you will be teaching. Pray that this week will change their lives.
- ◆ It is your responsibility to help the program flow from one activity into the next activity while in a large group.
- ◆ At the beginning of each day you will lead a brief introduction to help transition into the small group times. You will also lead the closing time at the end of the Rainbow Express program. During the opening time, ask the kids questions about what they learned the day before. See if any of them know the memory verse.
- ◆ Keep the kids involved and interested in everything you do.
- ◆ Some of the opening activities suggest additional materials that might be helpful. If you plan to use these items, make sure you bring them with you.
- ◆ All the lessons this week are about the Bible. Always have your Bible with you while you are leading the large group. Help the children understand how much you love your Bible.

Games Leader

- ◆ Be prepared to play some games before Rainbow Express begins as a way to gather and meet children. Play again afterwards to allow more interaction time with those that have come.
- ◆ Kids are more likely to listen to and interact with people who they know care about them. Playing games is one way to build relationships with the kids. Pray that God will use the game time to build relationships between your team members and the children.
- ◆ Find ways to incorporate the concepts of the memory verse and lessons for each day into games you are playing.
- ◆ There is a list of games at the end of this packet. You are not limited to the games on the list. Decide which games you are going to play each day. Involve everyone. Have some games prepared to play with older children and other games prepared to play with younger children.
- ◆ The apartment managers in the places you will be serving have asked Mission Arlington not to use regular balls or Frisbees or anything else that could potentially break windows in the apartment communities. If you want to use these items, bring soft, Nerf® type balls and toys that cannot cause any damage.

The Plan:

What to do at Rainbow Express

- ◆ Begin by gathering the children. The game leader and attendance taker will wait for the children at the site. All other team members need to **knock on doors**.
- ◆ As the children arrive, begin playing games. **Write down each child's name and apartment number** on the attendance sheet..
- ◆ After finishing the games, begin singing **songs**. You may want to sing a couple of songs, then do a puppet song, then sing another song, then a puppet song. This will give the puppet team a chance to rest their arms in between songs.
- ◆ Ask for prayer requests and pray.
- ◆ The Large Group Leader will lead the **Large Group Opening Time**.
- ◆ The Memory Verse leader will lead the children in learning the memory verse during the first **memory verse activity**.
- ◆ Divide up into **small groups**, as small as you can depending on the number of children and people in your group. During this time you will tell them the **story**, make your **craft**, and do another **memory verse activity**.
- ◆ Reassemble for a large group **closing time**. The Large Group Leader will lead a short review time to help wrap up the day's activities.
- ◆ Play **games** until it is time for Rainbow Express to end.
- ◆ Pass out **snacks** to each child and **walk them home**.
- ◆ **Pick up trash** and make sure your Rainbow Express site is clean before you leave.

Tips for a Successful Rainbow Express

- ◆ PRAY! This is what will make or break your week. Everything you do must be bathed in prayer.
- ◆ When you first get out to the apartment community, everyone needs to go door to door and round up the children. Some children will come early, so one or two people need to be ready to stay at the site to play games with the children (rather than knock on doors).
- ◆ Parents and older youth will probably stand around the perimeter. Get to know them, talk with them, and invite them to the Bible study at that particular apartment complex. You will receive the information about these Bible Studies when you are here.
- ◆ The opening and closing Large Group Times can be a difficult time to keep the children's attention. The more energy, preparation, and creativity you put in, the more interested and involved the children will become.
- ◆ Be sure you are always with the children. You can make a difference in their lives this week. They want and need your undivided attention.
- ◆ Love all the children. Try to get to know each of them.
- ◆ Remember that you have important jobs to be done. Don't forget your responsibilities.
- ◆ If you are not leading the singing or telling the story, sit among the children.
- ◆ Have fun! If you are having fun, the children will have fun. Likewise, if your attitude isn't the best, they will imitate your attitude.
- ◆ Everyone needs to make sure that every child and his/her apartment number are on the attendance list.
- ◆ Everyone work together and help each other.
- ◆ PRAY! Remember to **pray without ceasing** the whole week.

Tentative Daily Schedule

Monday—Thursday

Please be flexible with your schedule. We may make changes to this schedule to better work with our kids.

- 8:30 Meet for morning training time
- 9:30 Training time dismisses
- 9:45 Work projects groups begin assignment
-or-
Morning Rainbow Express groups leave for their site
- 10:30 Morning Rainbow Express begins
- 12:00 Morning projects and Rainbow Express end. Clean up, walk children home, etc., then return to Mission Arlington for lunch break. *Each student needs to have his/her own sack lunch. You will NOT have time to cook.*
- 1:30 Meet to worship and prepare for Rainbow Express
- 2:30 Depart for Rainbow Express
- 3:00 Rainbow Express begins
- 4:30 Rainbow Express ends. Clean up. Begin projects at Rainbow Express location or Mission Arlington.

All weeks: At 6:00 PM, Regular projects end. Option most nights to stay and participate in extended activities (generally wrap up by 8:00).

Curriculum Overview

Day One:

- **Opening Time:** Who likes getting letters?
- **Story:** God gives rules to Moses
- **Craft:** Memory Verse Scroll

Day Two:

- **Opening Time:** Good news for everybody
- **Story:** King Josiah finds the Bible
- **Craft:** Chinese Lantern

Day Three:

- **Opening Time:** Personal Testimonies
- **Story:** Jesus reads the Bible
- **Craft:** Cross Necklace

Day Four:

- **Opening Time:** Telephone
- **Story:** Philip and the Ethiopian
- **Craft:** Verse Banner

Memory Verse for the Week:

English

Your word is a lamp to my feet and a light to my path. Psalm 119:105 (NIV)

Spanish

Tu palabra es una lámpara a mis pies; es una luz en mi sendero. Salmos 119:105 (NVI)